

Remember Why You're In Love

In this exercise, you'll reconnect with what you love most about your partner. Take a few deep breaths to open your heart, then answer these questions. As you answer, remember why this relationship is important to you. Recall, in words, why you fell in love...

What did you love most about your partner when you first met?

What is unique, distinctive and special about your partner?

Describe something specific you appreciate about your partner, and go 3 levels deep.

Example: "Eben, I admire how you relate to our daughter's interests. Today, you got down on her level, and asked questions about her pet snail, and went all the way to the point of being interested in what he was eating. You really make her life important."

How have you been permanently changed for the better because of your partner?

What are you most grateful for in your relationship with your partner?

Describe one specific experience where you felt deeply nourished by your partner's love:

